

## **The Back Story**

The CCHD is working with local partners to build a healthier community through ACHIEVE because we know that we can help change the current trends noted by the CDC such as:

- ❖ In 2007, total spending on national health care expenditures was over 2 TRILLION dollars; 75% of which is spent on chronic diseases that are directly impacted by nutrition, physical activity, early screening, and other modifiable risk factors;
- ❖ Less than 5% of health care spending is in prevention;
- ❖ The epidemics of obesity and the low level of physical activity among young people, as well as exposure to diabetes in utero, may be major contributors to the sizeable and growing increase in type 2 diabetes during childhood & adolescence.
- ❖ In 2009, no state met the Healthy People 2010 obesity target of 15%.

The CDC further reminds us that home, child care, school, and community environments can influence children's behaviors related to food intake and physical activity; and are key to building a healthier community.

## **The CCHD ACHIEVE Team**

**Kathy Bagley**  
Director, Wethersfield Parks and  
Recreation

**Pat Bigelow**  
Coordinator, Community Gardens,  
Berlin

**Pat Checko**  
CCHD Vice Chairperson

**Dianne Doot**  
CCHD Board Member

**Ken Freidenberg**  
Director Human Services  
Newington

**Paul Hutcheon**  
Director of Health  
CCHD

**Denise McNair**  
Town Manager, Berlin

**Ed Meehan**  
Town Planner, Newington

**Bob Nenna**  
Executive Director  
Tri-Town YMCA

**Hilary Norcia**  
ACHIEVE Initiative Coordinator  
CCHD

**Carolyn Wysocki**  
CCHD Board Member and  
ECHO of Berlin

ACHIEVE  
**ACHIEVE**  
Initiative

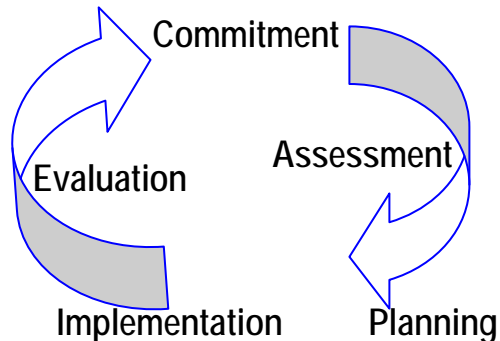
**Building a  
Healthier Community**



**Central CT Health District**  
505 Silas Deane Hwy  
Wethersfield, CT 06109

**860-721-2822 phone**  
**860-721-2823 fax**  
**www.ccthd.org**

## ACHIEVE Phases



What Role can ACHIEVE play in  
**Policy,  
Systems, &  
Environmental  
CHANGE?**

- **Educator**
- **Advocate**
- **Initiator**
- **Leader**
- **Collaborator**
- **Facilitator**

# ACHIEVE

**A**ction **C**ommunities for **H**ealth, **I**nnovation, and **E**nvironmental change is funded through the CT Department of Public Health and the CT Cancer Partnership. ACHIEVE communities collaborate with the CDC & National partners to enhance the local community's ability to develop and implement **policy, systems, and environmental change strategies** that will help prevent or manage health-risk factors for

- heart disease · stroke ·
- diabetes · cancer · obesity ·
- arthritis ·

Specific activities focus on:

- Reducing tobacco use and exposure
- Promoting physical activity and healthy eating
- Improving access to quality preventive healthcare services
- Eliminating health disparities

## Examples of Policy & Environmental Changes

- Worksites adopt policies to enhance and expand worksite wellness programs to improve the health of all employees.
- Schools implement policy to start each day with 10 minutes of physical activity for all students and staff at the school.
- Advocacy groups promote healthy food choices in restaurants and corner stores.
- Towns adopt policies to ban tobacco at all parks.

## How you can get involved:

The CCHD will have a greater capacity to develop and implement policy, systems, and environmental changes when we collaborate with a broad cross-section of partners, which will help build and sustain healthy communities.

- ⇒ Participate in an ACHIEVE workgroup (focusing on worksites, schools, or your town)
- ⇒ Share knowledge/expertise
- ⇒ Share current model policy that you have implemented or that you are aware of